

Salmon or Mackerel Patties

Salmon and mackerel patties are another childhood favorite I thought I would have to give up due to gluten intolerance. Years ago, that would have been true. Now, many corn and rice cereals are gluten free and can be used in the place of cracker crumbs. Oatmeal and instant mashed potatoes are other options to use, and each add a unique flavor and texture. These patties make an easy to carry lunch. They can be frozen in individual servings for a quick fish meal. Barbecue sauce and ketchup are commonly used to add moisture after baking.

Pre Cook Preparation:

Marinate: No

- A. Timer set to the time to begin preparation prior to cooking**
- B. Timer set for 20 minutes later, when meal should be ready to eat**
- C. Stay with meal to stir frequently**

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized pieces before sitting down**
- Frozen or canned vegetables can be used**
- Long oven mitts and oven rack puller**
- Sit on a stool while stirring**

Visual Accommodations:

- Colored chopping boards**

Potential Food Allergy or Intolerance:

- Bread (gluten)**
- Butter (lactose)**
- Cereal (gluten)**
- Crackers (gluten)**
- Eggs**
- Mackerel**
- Mushrooms**
- Oatmeal (gluten)**
- Onions**
- Pepper**
- Potatoes**
- Salmon**
- Spices**

Meatless Preparation Avoid:**Butter****Mackerel****Salmon****Substitute with:** _____**Utensils:****Chopping board****Fork****Pot holders****Spoon****Pan: 2.5 quart oven safe pan with lid****Frying is an option, not covered****Ingredients:****Meat: (Some can sizes may vary by an ounce.)****2 large eggs****15 ounces of mackerel, or****15 ounces of salmon****Vegetables:****15 ounces of carrots****15 ounces of peas****15 ounces of potatoes (mashed)****Other ingredients:****1 cup of crushed corn cereal (gluten free), or****1/4 cup of oatmeal (gluten free)****1 cup of instant mashed potatoes****1 cup of crushed rice cereal (gluten free)****Dash of salt****Spices, such as pepper, to taste****Optional:****Barbecue sauce (gluten free)****Ketchup****Preparation time: 10 minutes**

Preparation:

1. Butter bottom of 2.5 quart (oblong) oven safe pan with lid.
2. In a large mixing bowl:
Squash the 15 ounces of mackerel or salmon into tiny chunks.
3. Add:
 - 1 cup of crushed gluten free corn cereal, or one of the following:
 - 1 cup of instant mashed potatoes
 - 1 cup of gluten free oatmeal
 - 1 cup of crushed gluten free rice cereal
 - 2 large eggs
 - A dash of salt
4. Mix well.
5. If the mixture is too dry, add a little ketchup or barbecue sauce.
6. If too moist, add a little more of one ingredient of choice from gluten free cereal, oatmeal, or potatoes.
7. Make mixture into patties and place in buttered 2.5 quart oblong oven safe pan with lid.
8. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: About 20 minutes (Do not overcook. Patties should be moist)

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.